

# TAKE THE **STEP**

## Raise **PTSD** Awareness

June 2013

Learn more about PTSD.  
Challenge your beliefs.  
Explore the options.

**Reach out. Make a difference.**

Posttraumatic stress disorder (PTSD) can occur after someone goes through a traumatic event like combat, assault, or disaster.



Please visit [www.ptsd.va.gov](http://www.ptsd.va.gov)

